GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

PEACHES

A great many varieties of peaches are grown in Virginia. Some are becoming available locally at supermarkets and fruit stands. These varieties fall into two general types: freestone (flesh readily seperates from the pit) and clingstone (flesh clings tightly to the pit).

Select peaches which are fairly firm or becoming a trifle soft. The skin color between the red areas should be yellow and creamy.

Avoid very firm or hard peaches with a distinctly green ground color as they are immature and probably will not ripen satisfactorily. Also avoid overripe peaches and those with large bruises or signs of decay. Decay starts as a pale tan spot which expands in a circle.

A bushel of peaches weighs about 48 pounds and will yioeld about 18 quarts of canned or frozen peaches.

Wash peaches and remove skins. Dipping each peach in boiling water, then in cold water makes peeling easier. Cut peaches in halves; remove pits. Slice if desired. To prevent fruit from darkening, use crystalline ascorbic acid or a powdered ascorbic acid mixture.Follow package directions regarding use. An older but less effective method of preventing darkening is to drop peach halves or slices into water containing 2 tablespoons each of salt and vinegar per gallon of water. The peaches treated in this way must be drained before packing.

Use a thin, medium, or heavy syrup to suit the sweetness of the fruit and family preference. A thin syrup (30 percent) is made with 2 cups sugar and 4 cups water or juice. Use 3 cups of sugar for a medium syrup (40 percent) and 4¾ cups sugar for a heavy syrup (50 percent). Sugar improves the flavor and texture of canned peaches but can be omitted.

RAW PACK - Pak raw peaches in jars. Cover with boiling syrup, leaving ½-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in boiling water bath canner (212°F.)

Pint jars........ 20 minutes
Quart jars...... 25 minutes

FREEZING PEACHES

Wash peaches and remove skins and pits. It is better not to use a boiling water dip when peeling peaches to be frozen. Slice if desired.

Syrup pack. Drop peaches into cold 40-percent syrup to which ascorbic acid has been added to prevent darkening of peaches. Pack peaches into containers. Add syrup to cover. Place a piece of crumpled waxed paper on top of the peaches to hold them under the syrup. Leave ½ to 1½-inches headspace -- the smaller amount for wide topped pint containers; the larger amount for narrow topped quart containers. Seal. Freeze; store at 0°F. or below.

Sugar pack. Add ⅔ cup sugar and ¼ teaspon crystalline ascorbic acid dissolved in ¼ cup cold water to each quart of prepared fruit. Mix well. Pack into containers leaving headspace as in syrup pack. Seal. Freeze; store at 0°F. or below.

Unsweetened pack. Pack peaches into containers and cover with cold water containing ascorbic acid. Leave headspace as in syrup pack. Seal. Freeze; store at 0°F. or below.

RECIPE OF THE WEEK
PEACH JAM

Peaches do not have enough pectin or acid for jelly and jam making. Pectin and acid may be added as in the recipe which follows or peaches may be combined with other fruits which have more pectin and acid.

PEACH JAM with liquid pectin
4¼ cups crushed peaches (about 3½ pounds fresh peaches)
¼ cup lemon juice
7 cups sugar
½ bottle liquid pectin

Select fully ripe peaches. Wash, peel and remove pits. Crush peaches and measure into a large kettle. Add lemon juice and sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and stir in pectin. Skim off foam. Pour hot jam into hot sterile jars leaving ¼-inch headspace. Wipe jar rims clean, place metal lids on jars, screw metal bands down firmly, and stand jars upright to cool.

Hint for the Week: Instead of slicing a pizza, cut it into slices with kitchen shears. I learned this from Brenda Zirbel, Home Economist from Brown County, South Dakota.

Rocks

JULY 12 - We are thankful for the good rain Wednesday evening. It was badly needed.

The Executive meeting of the Appomattox Association met at Hebron Church on Monday night. Mr. and Mrs. Samuel Martin and Bob spent the July 4 week end in North Carolina with relatives.

George Langran, of Florida, passed away on Tuesday. Sympathy is extended the family.

Rev. and Mrs. W. H. Elder were visiting at Lynchburg General Hospital on Wednesday.

The Friendship Circle met with Mrs. Florence Ranson on Tuesday afternoon.

Rev. Donald Wagner was visiting Mr. and Mrs. Tommy Spain, of Richmond, on Wednesday.

Joe Almond went back for a check-up on Thursday morning.

Drucilla Shelton had surgery at Lynchburg General Hospital last week.

A speedy recovery is wished her.

Frank Roy Ranson went Thursday to Lynchburg to get the cast off his leg.

Mr. and Mrs. James Lewis and Mary Ann and Wilson Staples and Mr. and Mrs. B. B. Harris, Jr. and Merissa left on Thursday for a camping ground site at Bowling Green, Va.

Mr. and Mrs. Wilson Almond, of Appomattox, left Saturday for a few days at Ocean Island, N.C.

Mrs. Betty Louni, of Connecticut, arrived last week to visit her parents, Mr. and Mrs. W. R. Moore of Pamplin.

It was good to have Frank Roy Ranson back at church Sunday after being in from hurting his foot.

Mr. and Mrs. Aulden Roach and family and Mrs. Irna Roach attended a reunion near Brookneal Sunday.

It was nice to have Thomas Richardson of Appomattox, Mrs. Mary Dickerson of Lynchburg, and Mrs. Betty Louni of Connecticut, at Rocks Sunday for Sunday School and preaching service.

Katherine Dickerson spent the week end in Richmond with her son-in-law and daughter-in-law, Mr. and Mrs. Tommy Spain.

Cassie Baldwin was visiting Mrs. Lucille Maxwell at Lynchburg General Hospital Thursday afternoon.

The Church Council met at Rocks Church Sunday afternoon to complete the calendar of activities for the remaining part of the year.

Prayer Retreat for BYW and WMU Group I at Old Rocks Thursday 2 p.m. to 4:30 p.m. The eight churches are invited to attend.

A number of the youth are planning to take part in the associational youth gathering at Grandview Lake on Friday, from 2 p.m. to about 10 p.m.

A number of the ladies went to the cannery at Pamplin last week.

A very speedy recovery is wished Mrs. Carrie Richardson, who continues in the intensive unit at Lynchburg General Hospital.

Mrs. Mary Dickerson, of Lynchburg, is spending a few days with her sister, Mrs. Bettie Ranson, of near Evergreen.

Melvin Garrett got a piece of steel in his eye last week and had to get a doctor in Lynchburg to remove it. A speedy recovery is wished him.

Pamplin

Miss Pam Williams accompanied the Harris family on their 4th of July week end camp-out at Old Rocks.

Mr. and Mrs. Harold Southern of Norfolk, Mrs. Jane Wingfield, Lynchburg and Mr. and Mrs. David Savitz of Roanoke, visited relatives last week end.

Mrs. Alice Marshall has returned to the Presbyterian Home, Harrisonburg after being a patient at the University of Virginia Hospital.

The Pamplin Chapter A.A.R.P. met at the home of Mr. and Mrs. Horace Coleman last Thursday for a picnic meeting.

Mrs. Graydon Maxwell returned home last Saturday after undergoing surgery at Lynchburg General Hospital.

spruce up Virginia company's coming

SOUTH DAKOTA 4-H'ERS RETURN HOME

Pictured above are ten 4-H'ers and their two chaperones from Brown County, South Dakota as they gathered at the Appomattox Extension Office Thursday morning for their trip home. The 4-H group had been living with 4-H families in Appomattox during the previous week as a part of a 4-H Interstate Exchange Program. Standing from left to right are: Cheryl Wheeting, Laurie Lauer, Dawn Regula, Brenda Elbert, Carol Regula, Jayne Erdmann, Barbara Dayton, Tammy Pigors, and Mrs. Brenda Zirbel, Extension Home Economist in Brown County.Kneeling left to right are Don Guthmiller, Doug Sombke and Mr. Fran Zirbel.

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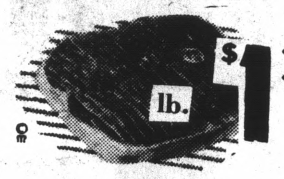

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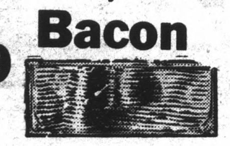

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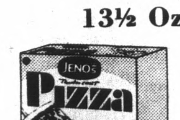

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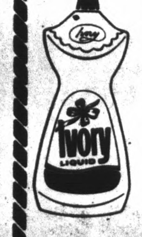

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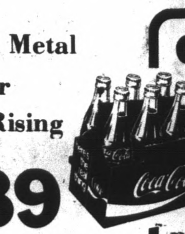

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"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

In spite of cool nights and low rainfall at transplanting time there is some tobacco looking real good. Last week I saw a good field on the Buster Moore Farm that son Timmy is growing. It takes warm nights for tobacco to grow fast.

Some of the flue cured producers in the Red House area will begin harvesting next week.

* * *

There appears to be a heavy infestation of Red Spider Mites on string beans and half runners. Some of the plants also show symptoms of Common Bean Mosaic. There's not much you can do about mosaic except try to get disease free seed. But you can control the mites. There are two recommended materials -- Kelthane and Spectracide. Kelthane is probably the preferred material.

In Southeast Virginia red spider mites are apparently a real problem on corn.

* * *

With corn plantings up 8 percent over last year and with good weather conditions we're looking at a 6.5 billion bushel crop. Corn silage plantings are up 1 million acres over last year. This suggests more silage for dairy animals and a larger feed supply for beef animals.

Soybean plantings are down 300,000 acres from April 1 planting intentions. Soybean futures have been going right along due primarily to the high usage and the 10 percent reduction in the current year planting. Some people are already talking about $7.00 beans but it's too early to look this high.

Cigarette use in the U.S. for the 10-month period ending April, 1976 increased about 3 percent and cigarette exports were up 21 percent.

* * *

Speaking before the annual meeting of Iowa Beef Processors, Inc. commentator Paul Harvey pointed out, "We're so outproduced in most all other things that we would be begging for handouts in the World Marketplace, except that our Nation's most under-appreciated minority, our farmers, is keeping us both fed and financially secure.

We city dudes could never feed ourselves. You know there has been some gardening these last couple of years, folks trying to supplement the family groceries. But do you suppose we could feed ourselves that way? During this lifetime, the average American is going to eat 6.2 tons of meat. There ain't nobody got a backyard in Chicago that big!"

* * *

A farm manager needs to relate his job to some basic economic principles. A sound operated business recognizes people, management, market strategy and fiscal controls.

There are five key words that relate to the duties of the manager. They are (1) plan, (2) organize, (3) direct, (4) coordinate, and (5) control.

Plan: Planning is the "thinking through" process. It includes establishing goals for the business, inventorying the resources available and seeking the best "How-To-Do" information available. Planning is the most critical function. The rest of the job of management is largely putting the plan into effect.

Next week we'll identify in more detail the word "organize" as it relates to management.

PRECIPITATION:
LAST WEEK......... .56
THIS WEEK........ 1.13
THIS YEAR........ 23.51

Gladstone

JULY 7 - Mrs. Calvin Martin, Kristin and Steven of Chicago are visiting her parents.

Mr. and Mrs. Emmitt Cunnimghan and Mr. and Mrs. Graydon Martin. Mrs. Martin also spent several days in Richmond visiting friends.

Mr. Roy Cunningham recently spent a week with his sister and family in Buckingham.

Mr. and Mrs. Russell Cunnimgham and Rev. and Mrs. Harvey Skinner, Vicki, and Chris all of Richmond recently spent the week-end with Herman Cunningham.

Mr. and Mrs. Christian Carter and Kimberly attended the funeral of Christian's brother Mr. Judson Carter in Roanoke on Tuesday. We extend sympathy to the family.

Mr. and Mrs. Burke Smoot and Mr. and Mrs.Larry Smoot and Kelly spent the week-end in the home of Mr. and Mrs. Claude Stinson in Ohio.

Mr. and Mrs. Louis Moore and Stacy of Lynchburg were supper guests of Mrs. Calvin Martin in the home of Mr. and Mrs. Emmitt Cunningham last week.

Mr. and Mrs. Louis Moore entertained with a July 4th. picnic at their home in Lynchburg. Those attending were Mr. and Mrs. Emmett Cunningham, Mr. and Mrs. Graydon Martin, Mr. and Mrs. Hubbard Moore, Mr. and Mrs. Clayton Martin, Mrs. Mason Banton, Mr. and Mrs. Milton Hunter of Brookneal and Mrs. Calvin Martin, Kris and Steven of Chicago.

Mr. and Mrs. A. T. Stevens 111 of Lovingston were recent dinner guests in the home of Mrs. Stevens' parents Mr. and Mrs. Sherman Hunter.

Mr. and Mrs. Jackie Watts of Woodbridge, Va. were week-end guests in the home of Mrs. Belle Mundy and Mr. and Mrs. Willie Cyrus.

Mr. and Mrs. Russell Moore spent the fourth of July at Smith Mountain Lake.

We were sorry to hear of the death of Mr. John Pearson and extend sympathy to the family.

Mr. and Mrs. Bernice Burton had Bennies Father, Mr. Burton from Oklahoma as guest for the week-end.

On June 27th. Mr. and Mrs. Emmett Cunningham gave Roy Cunningham a surprise birthday dinner. Those attending were brothers, sisters, nieces, nephews, other relatives, and friends. There were 67 guests present.

Courtney and Stephanie Banton from Richmond spent last week in the home of their grandmother Mrs. Virginia Brown and attended Vacation Bible School at Gladstone Memorial Church.

Hollywood

We had a beautiful communion service at Hollywood Church Sunday morning.

Rev. Paul Balthaser had charge of the early morning worship service at Holiday Lake Sunday.

Rev. and Mrs. Paul Balthaser and family were dinner guests Sunday of Mr. and Mrs. J. G. Franklin and family.

There will be a Baptismal Service for Hollywood Church held at 2:30 Sunday, July 18, at Old Rocks.

Mr. Curtis Coleman, of Oak Hill, W. Va., attended services at Hollywood Church Sunday. His relatives and friends were happy to have him with us again.

Mrs. Ruth Tweedy, of Spout Spring, will enter Virginia Baptist Hospital today, July 12, for an operation. We pray she may soon be well.

We are sorry Mr. George Jennings is not feeling well and also Mrs. Aulden Roach of Pamplin, who fell last Sunday and hurt her ankle. We pray they both may soon be well.

Relatives and friends are happy to hear Mrs. Otis Smith is improving nicely and will be home soon from the hospital.

Mr. and Mrs. R. M. Webb visited Mrs. C. R. Banton and Mr. and Mrs. R. G. Austin and family Sunday.

Rev. Otis Smith and Mr. and Mrs. Robert Coleman were dinner guests of Mrs. W. T. Covington Monday. Mr. and Mrs. Bennett Gilliam are spending some time with Mrs. Covington.

Mrs. Gertrude Page spent a day with Mrs. C. R. Banton last week. Mrs. Joe Goin visited Mrs. Banton Thursday afternoon.

Mr. J. H. Webb was a supper guest of Mr. and Mrs. L. L. Webb and family Wednesday night.

We are very sorry to hear Mr. George Perdue had to have an operation last week. We pray he may have a speedy recovery.

Mr. and Mrs. Ryland Mayberry, of Newport News, spent Sunday with Mr. and Mrs. Kenneth Deaner and family. Mrs. Ioan Mayberry returned home with them after spending some time in the Deaner home.

Ricky Franklin spent Monday with Mr. and Mrs. Thomas Woodall and family.

Mr. and Mrs. Bennett Gilliam and Mrs. W. T. Covington visited Mr. and Mrs. J. L. Torrence Sunday afternoon.

Miss Mildred Smoot, of Madison Heights, and Mr. and Mrs. Donald Wood and two sons, of Amherst, were visitors of their aunt,Mrs. C.R. Banton, Sunday afternoon. Mr. and Mrs. R. G. Austin and Tom visited Mrs. Banton Sunday night.

Mr. and Mrs. James Woodall visited Mrs. Mary Bagby and Mr. F. O. Covington Tuesday night. Mr. H. W. Jenkins visited in this home Monday afternoon.

Mr. F. O. Covington returned to his home in Marietta, Ohio Wednesday after a visit with his sister, Mrs. Mary Bagby.

Mr. Elmo Banton, of Mechanicsville, Va., spent Saturday with his mother, Mrs. C. R. Banton.

Mrs. W. H. Wingfield and Mrs. Mary Bagby visited Mrs. Frank Woodall, of Lynchburg, Thursday.

Callers in the home of Mrs. Mary Bagby Friday night were Mr. and Mrs. Jim Franklin, Mrs. Billy Franklin and daughter, Mr. Alfred Almond, Mr. and Mrs. Bill Watson and family, Mrs. Delorious Deaner, Mrs. Ruby Woodall, Mr. and Mrs. W. H. Wingfield and Julia.

APPOMATTOX YOUNG HOMEMAKERS MEETING

The Appomattox Young Homemakers held their last meeting June 10, at 7:30 p.m. at the Appomattox County High School Home Ec. Dept. Roland Murphy, Director of the 10th District Juvenile Domestic Relations Court presented a very interesting program.

Joan Holt and Rachel Lee were hostesses for the month.

APPOMATTOX YOUNG HOMEMAKERS TO HAVE COOK-OUT

The Appomattox Young Homemakers will have a cook-out Saturday, July 31, at 6 p.m. at Holiday Lake. All members are urged to attend and bring their family.

CLASSIFIED ADS
GET RESULTS

PAMPLIN 4-HER LEADS IN 4-H FISHING CONTEST

Janis Richardson, daughter of Mr. and Mrs. B. G. Richardson of Pamplin displays her 5 lb. 2 oz. Largemouth Bass caught in Buggs Island Lake last Thursday. Pictured with Janis is Mr. Carl Miler, owner of White's Auto Store and sponsor of the Appomattox 4-H Fishing Contest. Janis' bass, was caught on a "Hellbender" lure is the largest fish entered thus far in the Bass category. Other categories include one for Brem and Crappie, one for Catfish and miscellaneous category to include pickeral, carp, suckers, etc.

All Appomattox 4-H'ers are eligible to enter fish which they catch in the 4-H Fishing Contest. All fish must be weighed at White's Auto Store (located in Triangle Plaza Shopping Center). A complete set of rules, regulations, and prizes are available from Mr. Miller at the store.

Leaders in other categories include: **Catfish:** Tammie Cumbie 2 lbs. 14 oz., **Bream and Crappie:** Steve Mayberry 15 oz., Todd Pickett: 5 oz.; **Bass** Terry Dillard 14 oz. Richard Conner 14 oz.

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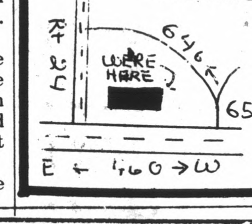

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